

SUGGESTED USAGE: Take 1-2 capsules twice daily on an empty stomach, with final dose at bedtime, or as directed by your healthcare practitioner.

HOW IT WORKS: L-Tryptophan is an essential amino acid; therefore, it is not synthesized by the body and must be obtained from the diet. In the brain, Tryptophan is converted into serotonin, a neurotransmitter involved in feelings of well-being, calmness, personal security, and relaxation.* It also plays a role in the regulation of appetite and synchronization of sleep patterns.* Every lot of Protocol For Life Balance® L-Tryptophan is tested to be free of Peak E and microbial contamination.

CAUTIONS/INTERACTIONS: Tryptophan supplements may interact with CNS depressants, antidepressants (SSRIs, MAOIs), and other serotonergic agents such as St. John's Wort and 5-HTP. Consult your healthcare practitioner if you are taking medications or herbs, are pregnant/nursing, or if you have liver impairment. May cause drowsiness. Do not use with alcoholic beverages or while operating heavy machinery.

CODE
P0167
V6



PROTOCOL
FOR LIFE BALANCE®

L-Tryptophan

500 mg

- Encourages Positive Mood*
- Supports Relaxation & Restful Sleep*

Non-GMO

120 Veg Capsules

A Dietary Supplement Vegetarian/Vegan

Supplement Facts

Serving Size 2 Veg Capsules Servings Per Container 60

Amount Per Serving

L-Tryptophan (2-amino-3-indolylpropanoic acid)	1 g (1,000 mg)*
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* Daily Value not established.

Other ingredients: Cellulose (capsule), Cellulose Powder and Stearic Acid (vegetable source).

Protocol For Life Balance®
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
protocolforlife.com

Free-Form amino acid.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Natural color variation may occur in this product.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.